



March 11, 2018

## Lent as Spiritual Spring Cleaning

The season of Lent is a time of radical, spiritual spring cleaning. Such spiritual work and cleaning are good for the soul at every point in the year. Yet, the Lenten season really invites us to draw close to God in preparation for Easter.

Most of us perk up when someone tells us a new "do-it-yourself" tip for cleaning and organizing our home. What tips are out there for a spiritual cleaning of our lives?

Our spiritual ancestors have identified a dozen or so types of practices that draw us closer to God. These are called "spiritual disciplines."

Richard Foster is one of the modern day master teachers on these practices. He identifies three different types of spiritual disciplines. All of these are helpful practices year-round, but especially during intense periods of spiritual cleaning.

- The inward disciplines: Meditation, Prayer, Fasting, Study
- The outward disciplines: Simplicity, Solitude, Submission, Service
- The corporate disciplines: Confession, Worship, Guidance, Celebration

May I suggest an activity that brings several of these disciplines together for your use in the next week? This activity connects the inward disciplines identified above. It begins by sitting with a different psalm each day. These psalms are called the "Penitential Psalms," which are often prayed during Lent. They are Psalms 6, 32, 38, 51, 102, 130 and 143.

1. Get your favorite Bible and find a comfortable, quiet place to sit.
2. Read slowly your psalm of the day, at least twice.
3. The third time through begin to hear your voice as the voice of the psalmist praying to God.
4. Slow down around any phrases that are especially meaningful--that could be or should be your words of confession to God.
5. Linger in the presence of God. Confess your sin. Receive God's forgiveness as a way of cleaning out some of the clutter of your soul.
6. Give thanks to God for these moments of intimacy and connection.
7. Anticipate the next opportunity you have to spend personal time with God.

I encourage you to give this a try this week. God will not disappoint.

# ***Service of Worship and Praise to God***

Fourth Sunday in Lent  
March 11, 2018

Liturgical Color: Purple  
9:00 a.m. and 11:00 a.m.

The Gathering and Announcements

Dr. Brad Brady

Please register your attendance on the pads found in each pew.

Prelude

*Prelude on HOLY MANNA*  
(*Brethren, We Have Met to Worship*)  
The Sanctuary Bells

arr. Cathy Marker

Eunice Andrews, Carla Hillis, Allen Mason, Linda Mason, Emma O'Neill,  
Michael O'Neill, Caroline Perkins, Bob Studley, Anita Williams, Caron Williams

The Invocation

Dr. Brady

\*The Hymn of Praise

662

*Stand Up and Bless the Lord*

The Affirmation of Faith

881

*The Apostles' Creed*  
Krissey Walker

***I believe in God the Father Almighty,  
maker of heaven and earth;***

***And in Jesus Christ his only Son our Lord:  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried;  
the third day he rose from the dead;  
he ascended into heaven,  
and sitteth at the right hand of God the Father Almighty  
from thence he shall come to judge the quick and the dead.***

***I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.***

\*The Gloria Patri

70

*Glory Be to the Father*

***Glory be to the Father and to the Son and to the Holy Ghost;  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen. Amen.***

Sacrament of Infant Baptism (11:00)

**Annie Bo Arnold**

Daughter of Kyle and Mallory Arnold

Call to Prayer *Lamb of God* arr. John A. Behnke  
The Sanctuary Bells  
(At 11:00 a.m. children 4 years old -1st grade will depart for Children's Church.)

The Pastoral Prayer Dr. Brady

The Lord's Prayer (sung)

**Our Father, which are in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done on earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our debts as we forgive our debtors.  
And lead us not into temptation, but deliver us from evil,  
For thine is the kingdom, and the power, and the glory forever.  
Amen.**

The Dedication of Our Tithes and Offerings Kyle Barfield

The Offertory Anthem *Be Still, My Soul* arr. John A. Behnke  
The Sanctuary Bells with brass  
Chuck Herron and Tammy Urbansky, trumpets  
Stephen Hoy and Bob Studley, trombones

The Doxology 94 LASST UNS ERFREUEN

***Praise God, from whom all blessings flow;  
Praise God, all creatures here below: Alleluia! Alleluia!  
Praise God, the source of all our gifts!  
Praise Jesus Christ, whose power uplifts!  
Praise the Spirit, Holy Spirit! Alleluia! Alleluia! Alleluia!***

The Scripture Lesson Ruth 4: 11 - 17 Rev. Tommy Perkins

The Sermon "Redemption and Legacy" Rev. Perkins

\*The Hymn of Commitment 731 *Glorious Things of Thee Are Spoken*

\*Sending Forth with Blessing Rev. Perkins

\*The Postlude *Processional in C* John A. Behnke  
handbells, trumpet and organ

\*Stand as able

Acolytes:  
Sophie Skinner (9:00)  
Millie McKenzie (11:00)

Crucifer:  
Millie Sparrow (11:00)

**The Altar Flowers** are placed in  
memory of R.W. (Woodrow) Gilbert, Sr. & in honor of Jean Gilbert.  
From the Gilbert family.

Monday, March 12

Noon - Methodist Women in the Fellowship Hall.  
Noon - 2 p.m. - Moms Bible Study in the Back Porch.  
1 p.m. - Handbell Quartet Rehearsal.  
7 p.m. - Sanctuary Bells Rehearsal.

Tuesday, March 13

9:45 a.m. - JOY Choir departs to sing at Montezuma Health Care.  
5:30 p.m. - "Feasting, Fasting" Lenten Bible Study in the Conference Room.

Wednesday, March 14

7 a.m. - Youth Breakfast in the Youth Center.  
12:30 p.m. - Mission Meeting in the Library.  
4 p.m. - Treehouse Trades in the Fellowship Hall.  
6:30 p.m. - Youth Bible Study in the Youth Center.  
6:45 p.m. - Sanctuary Choir Rehearsal.

Thursday, March 15

4:30 p.m. - "Hope Beyond Today" in the Conference Room.

Friday, March 16

Deadline to sign up dinner at the Rustic Bistro. You must come by the church office to register and specify your menu selection.

Saturday, March 17

6 p.m. - Emmaus meeting in the Fellowship Hall.

**PERRY UMC METHODIST MEN GOOD FRIDAY BOSTON BUTT SALE**

The Perry UMC Methodist Men are selling tickets for \$30 for Smoked Boston Butt Pork Roasts to be picked up on Friday, March 30, 2018 from 4 - 6 p.m. Tickets are available at the Church Office. You can also call Bob Messer at (478) 542-4295 to arrange for ticket delivery.

**Our Nursery** is available during worship services to all little ones under the age of 4. Please see an usher for directions to the nursery.

Dr. Brad Brady, Senior Pastor

Rev. Tommy Perkins, Associate Pastor for Congregational Care

Krissy Walker, Children's Pastor

Kyle Barfield, Youth Pastor

Christie Rooks, Christian Education Assistant

Katie Cawthon, Mission Coordinator

Dr. Jane Kimbrel, Director of Music Ministries/Organist

Sheryl McDaniel, Pianist

Dicky Gilbert, Audio Visual

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